

# RAINBOW ALMOND SALAD

## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

*This salad is inspired by the phrase "Eat your rainbow".*

## INGREDIENTS

SERVES 2

- ½ medium red cabbage
- 1 medium carrot
- 1 yellow bell pepper
- 1 beetroot
- 1 nori sheet (optional)
- 1 cup peas, boiled or steamed

### Almond Chili Dressing

- ½ cup water
- ¼ cup soaked almonds
- 2 teaspoons lemon juice
- ⅛ small green chili
- 1 coin ginger
- ½ teaspoon rock salt

## PRE - PREPARATION

Soak ¼ cup almonds in water for about 6 hours.

## METHOD

1. Simply chop the cabbage, carrot, bell pepper, beetroot and nori sheet into long strips and add to a mixing bowl. Then stir in the steamed peas.
2. To prepare the dressing, blend together all the dressing ingredients and pour over the vegetables. Toss well, and serve.

**Tip** Add vegetable sprouts to the salad for maximum nutrition (See page 26).